

# june

## RECIPE

### Pasta with Ham, Peas and Breadcrumbs:

Toasted, seasoned breadcrumbs give tooth-tender pasta a delicate crunch, while the salty thin-sliced lean ham and sweet peas add fabulous flavor. Use spaghetti or fettuccini if you don't have linguini in your pantry. Serves 4.

#### Ingredients:

- 1 tablespoon olive oil for stir-frying
- 3/4 cup breadcrumbs
- 1 tablespoon Italian seasoning
- Salt and black pepper to taste
- Thin slices of lean ham, chopped

“ To get my sons to eat a variety of foods, I cut the food into fun shapes – like cutting a whole-wheat tortilla with peanut butter and honey into little pinwheels. I also serve them fruit on toothpicks. They love that. ”

Karen, Salmon

- 1/2 pound linguine, cooked according to instructions on the box
- 1 cup frozen peas, thawed
- Grated Parmesan cheese

**Directions:** In a large, deep pot, heat oil over medium heat. Add breadcrumbs, salt and pepper, Italian seasoning, and cook, stirring until breadcrumbs are fragrant and lightly toasted. Add cooked pasta, ham, and peas and toss to combine ingredients. Divide pasta among four serving plates and sprinkle with grated parmesan.



SUN	MON	TUE	WED	THU	FRI	SAT
	01	02	03	04	05	06
07	08	09	10	11	12	13
14 Flag Day	15	16	17	18	19	20
21 Father's Day First Day of Summer	22	23	24	25	26	27
28	29	30	<b>Did you know it's...</b> <i>Dairy Month,</i> <i>National Men's Health Week – June 15-21,</i> <i>National Safety Month</i>			



**The best way to get your kids to enjoy physical activity is to do it with them. You don't have to set aside a great deal of time. Go for walks, play at the park, swim, play ball, jump on a trampoline or kick a soccer ball back and forth. Your kids will be excited if you are excited, too.**

## Healthy Life Tip

Diabetes often goes undiagnosed because many of its symptoms seem so harmless. Some diabetes symptoms include:

- Urinating more than usual
- Feeling very thirsty
- Feeling very hungry
- Weight loss you can't explain
- Feeling very tired
- Feeling grouchy for no reason
- Blurry vision

If you have one or more of these diabetes symptoms, see a doctor right away.



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HEALTH & WELFARE